

**St. George Preschool**  
**Menu November 2018**  
**3 - 6 years old**

date	breakfast	snack 10 o'clock	soup	main dish	dessert	afternoon snack
01.11.2018 z.	Slice of bread with butter and honey, tea	kiwi	Tomato cream soup with white cheese balls, croutins	Salmon stew	fruit	Semolina halva with milk/fruit
02.11.2018z.	Easterbread bun, milk	orange	"Angel"soup	Pork with rice / carrot and white turnip salad	fruit	Kinoa with yoghurt and fruit
05.11.2018z.	Cornflakes with mik	apple	Milky soup with vegetables	Meatballs "Chirpanski"style Baked spinach with avocado and cheese	baked apple	Salty muffin with cheese, tea, fruit
06.11.2018 z.	Banitzza with white cheese, buttermilk	tangerine	Carrot and potatoes cream soup with boiled egg, croutons	Baked beans with pork/ tomato with white cheese salad Vegetable marrow soufflé	fruit salad	Pumpkin pancake/milk/fruit
07.11.2018z.	Bun with Philadelphia cheese / turkey fillet / cucumber / tea	banana	Boiled veal Potato soup	Vegetable omelette, milky salad	fruit	Dried yoghurt with chia and fruit
08.11.2018 z.	Sandwich with butter and Emental / tomato / tea	orange	Cauliflower cream soup, croutons	Grilled tilapia fillet with milky sauce/potato salad /cabbage andf carrot salad	fruit	Pumpkin with milk/fruit
09.11.2018z.	Sandwich with egg paste, tea	kiwi	Gardener's soup	Pizza with tomatoes, chicken fillet, pickles, mushrooms, cheese and mozzarella Pizza with tomatoes, mushrooms, pickles, cheese, and mozzarella	fruit salad	Apple pie, fruit smoothy
12.11.2018z.	Maccaroni with butter and white cheese, tea	apple	Peas soup with mint and croutons	Mussaka 100% minced meat/cucumber salad with white cheese Hotch-potch "Shepherd's"style	fruit	Muffins with carrots and Godji berry /fruit smoothy
13.11.2018 z.	Baked buhtichki, buttermilk	tangerine	Tarator	Pork with peas Baked peppers with eggs and white cheese	fruit salad	Raw pralines with dates and figs, milk, fruit
14.11.2018z.	Bun with butter/ pork fillet / cucumber / tea	banana	Turkey soup with vegetables Vegetable soup	Stuffed potato with ricotta cheese and spinach /tomato salad	baked apple	Biscuit cake, milk
15.11.2018 z.	Hot sandwich with cheese and eggs, buttermilk	orange	Vegetable marrow cream soup with parmesan, croutons	Trout fillet, Shopska salad	fruit salad	Milky banitzza / fruit
16.11.2018z.	Slice of bread with butter and halva	kiwi	Parsnip soup with blue cheese	Lasagna Carbonara Lasagna with spinach, white cheese and cheese	baked pumpkin	"Icecream" in a pepper
19.11.2018z.	Cornflakes, milk	apple	Vegetable cream soup, croutons	Nests with minced meat 100 %, pickles and eggs with tomato sauce potato meatballs / milk sauce	fruit salad	Honey biscuits /buttermilk/ fruit
20.11.2018z.	Banitzza with white cheese, buttermilk	tangerine	Tomato soup	Chicken "Zhulien", stewed peas Cheese in egg and bread crumbs, milky salad	baked apple	Biscuit roll / milk/ fruit
21.11.2018z.	Bun with egg paste / turkey ham / cucumber / tea	banana	Soup with pumpkin and chicken meat Pumpkin cream soup, croutons	Stew "Dobrudzhanski"style	joghurt with chia and strawberries	Apple pie, milk
22.11.2018z.	Easterbread bun, milk	orange	Lentil soup	Tuna balls with potatoes and sweet corn/cucumber salad	fruit	Carrots and cucumbers sticks with avocado dip
23.11.2018z.	Baked sandwich/ tomato / tea	kiwi	Soft cheese cream soup	Veal with buckwheat /tomatoes with mozzarella Paella with vegetables	fruit salad	Pumpkin with milk
26.11.2018z.	Semolina with buter and white cheese, tea	apple	Milky soup with semolina	Peppers stuffed with minced meat and rice Mussaka "Gardener's" style	fruit salad	Muffin with dried fruit, buttermilk
27.11.2018 z.	Baked buhtichki, milk	tangerine	Tarator	Chicken fricassee Bean stew	fruit	Raw pralines with dates and figs, milk, fruit
28.11.2018z.	Bun with milky paste / pork fillet / cucumber /tea	banana	Rabbit soup Minestrone	Vegetable marrow roll / Salad with iceberg and tomatoes	fruit salad	Kinoa with yoghurt and forest fruit
29.11.2018 z.	Easterbread mini buns, buttermilk	orange	Broccoli cream soup, croutons	Baked salmon with mashed sweet potatoe / salad with spinach, black beans and sweet corn	baked apple	Slice of bread with lutenitza and white cheese, tea